

WINTER WARM-UP CHALLENGE

January 14 – February 24, 2013

The **Winter Warm-Up Challenge** is an activity to help you improve your quality of life.

Make healthy choices to help control your weight!

You can earn challenge points by practicing healthy habits that support healthy living and weight management including:

- Exercise at least 15 minutes daily
- Eat 3 servings of fruit and/or vegetables daily
- Don't skip meals - breakfast, lunch or dinner
- Limit sweets to 1 serving or less daily

How the challenge works:

- During the challenge, keep track of the healthy behaviors you practice daily.
- You will **receive one point for each healthy behavior** that you practice each day. Daily opportunity of up to four points.
- Your goal is to accumulate at least **100 points** with activities that support weight management and healthy living.
- Track your activities online each day or weekly. You can use the paper tracking form for convenience. Be sure to record all activity points online at the DelaWELL Health Portal **by March 4, 2013**.
- Challenges are designed to help you put healthy habits into practice to improve your health or maintain good health. Challenges do not count toward DelaWELL Rewards.

DelaWELL Health Portal –
<https://delawell.alerehealth.com>

(866) 674-9103

